

News item – August 2010

Part 1

The 7th August workshop with Pam Ryan (Kilborn) was held at Knox Track. There was a huge interest with over 50 ATFCA members attending.

An extremely well received workshop on sprint hurdles that included revisiting Pam's career, her training and a look at her current coaching approach for male and female sprint hurdles preparation, and similarly for 400mH.

Venue: generous support provided once again by the Knox Centre.

Pam's presentation included:

- her background,
- review of her career's training methods,
- video biomechanical analysis using 'Swinger' with comments on three current male juniors,
- a review of her own methods and organisation of sessions,
- alternative training venues,
- a question time then, after a morning-tea break,
- a practical demonstration with AV seniors and Knox Centre LA juniors.



Part 2

Pam Ryan's hurdling workshop concluded our 2010 Winter Series of Coach and Athlete Education Workshops.

Although one more date (September 4th) was listed for the series, there seem to be too many date clashes with Father's day, venues commencing VLAA Centre enrolments, APS trial competitions and final AV cross-country events.

Part 3

The cost of the ATFCA winter workshops are usually covered by an annual allocation from ATFCA member fees, any residual from Coach Accreditation Courses and this year, for the first time this year, with a category B grant, from Athletics Australia.

The AA grant is greatly appreciated and covered a significant shortfall of the season's expenses.

Part 4

Preliminary planning for the 2011 Winter Coach and Athlete Workshops and Coaching Accreditation:

Workshops: Monthly - April, May, June and August

Topics: Members are invited to forward ideas, suggestion and also recommendations and offers as presenters for the 2011 Winter Series.

Bryan R. Neighbour